

Colchester and Parks & Recreation

"Creating Community Through People, Parks & Programs"

Spring 2008

Inside This Issue:

- Camp SPARK (*April Vacation Camp*)
 - New Tennis Program
- REC'ing Crew Trips Announced
 - Pilates

**Program
Registration Begins
Monday, March 3rd**



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From the Director

This past December, members of the Parks & Recreation Commission, department staff, and others convened on multiple evenings to develop the department's strategic plan for 2008-09. After many hours of hard work and extensive brainstorming and discussion, we are extremely proud of the end result.

We realize, however, that completing the plan was not the end; conversely, it was just the beginning. We now have a road map to guide our department over the next two years. Rather than gathering dust on a shelf, this plan has already become a living document, reviewed and updated weekly by department staff.

In just the first two months, we have already accomplished some objectives, and many more are in process. Already it has helped to focus the development of next year's budget, as we put our money where our priorities are.

We invite you to review our strategic plan, and join us in bringing it to life. You can download the entire document at our web site in the "forms" section. Our staff and commissioners look forward to continuing to "create community" as we put our plan into action!

See you in the parks...

Jason Cohen

Sincerely,
Jason Cohen, CPRP
Director



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MESSAGE FROM THE FIRST SELECTMAN

In my most recent "Notes from Linda" column, I talked about Colchester's quality of life and how that quality of life is an important measure against which we evaluate our community's economic development opportunities. It seems appropriate to talk about quality of life in this newsletter in particular since our Parks & Recreation programs and activities add so much to making our town a wonderful place in which to live. I am grateful for the opportunity to provide you with Town updates in this newsletter throughout the year.

Good communication is a key component of good government and is a major focus for us. We began in late November by updating the Town Hall's email capabilities so that Town departments are able to reliably communicate with residents via email and vice versa. At the same time we kicked off an intense effort to rebuild the Town website. I am excited to report that the new website will be live on March 1st and will have several new features in addition to features currently found on the website. Watch for an informative activities calendar, information about each department, a survey asking what you want on the website, and a video cast of the full budget presentation along with all documentation just to name a few of the additions. We look forward to your feedback once we go live. Together we can make this the versatile communications tool that we all need it to be. This is just the beginning!

Colchester's citizens are the key to making things happen. We are fortunate to have caring and knowledgeable citizens in our town who have been coming forward in a truly impressive showing to volunteer their time and energy to our new task forces. The Elderly Tax Relief Task Force is focusing on addressing the needs of our elderly citizens faced with limited incomes and rising taxes. At the same time, our other task forces -- Business Development, Main Street Coalition, and Lebanon Avenue Revitalization -- are working hand-in-hand with the Economic Development Commission to develop strategies to strengthen businesses and create additional

opportunities in our primary arteries of business and commerce. We are looking forward to hearing recommendations from all of those groups in the near future to guide our work. Speaking of volunteers, I would like to convey a huge thank you to our Parks and Recreation Commission, whose members give hours of volunteer time to make our program the best that it can be. When you see one of them, please thank them for their work.


Balance is imperative when addressing quality of life issues. As we support the the new regulations governing business parks, we must also work to support our farmers and maintain our open space. The new business park will be only part of the answer for many of our quality of life issues. We must move forward to ensure that Colchester does not fall behind other developing towns as residential tax payers everywhere suffer from the increasing tax dependency on their real estate. Our quality of life is directly affected by families' cash flow, which is why we are working hard to decrease our reliance on primarily residential taxes. What else will the business parks bring us? Increased services, the ability to shop in Colchester, and jobs. As I write this, the Planning and Zoning Commission are discussing "mixed use" regulations for several parcels -- another proposition we support. Why? Mixed use housing will provide housing for young professionals, seniors who do not wish to live in 55+ housing but no longer want their houses, and for our children who want to live in Colchester after graduation but cannot find housing. This one and two bedroom housing will provide middle-of-the-road housing for a broad portion of our population without putting additional stress on our schools.

While all of these initiatives and programs are well underway, I am determined to ensure that you, the citizens of Colchester, are as informed as possible and that we listen. As a part of these efforts, we have started Coffee with Linda events as a way to gather resident input, hear concerns, and answer questions. Coffees will be held in a variety of locations at different times and on different days to provide an opportunity for as many as possible to stop by. Additionally, I will begin my "Doorstep Dialogues" in February -- choosing one area to visit each month. The information gained from talking with you is invaluable. While technology is important, there is no substitute for face-to-face contact. Coffee and dialogue schedules can be found on the website. For more information or to become involved, please call my office at 537-7220, or email me at selectman@colchesterct.gov. As always, my office door is open. Please stop by and say hi!

Sincerely,
Linda Hodge
First Selectman

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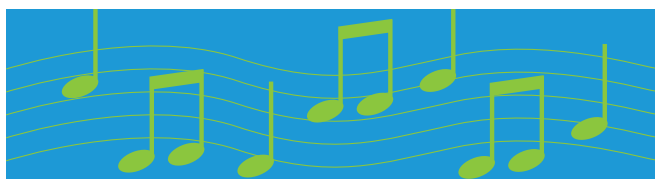
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SPONSORSHIP OPPORTUNITIES

Colchester Parks & Recreation is always looking for local businesses that are interested in working with us to support our programs and events as sponsors. A far cry from donations, our sponsors receive excellent value for their marketing dollar, by creating valuable relationships and reaching their target audience. Past sponsors routinely return to work with us, happy with the return on their past investments. For a current list of our sponsorship opportunities, including the various benefits associated with them, visit our sponsorship web page at: www.colchesterct.net/sponsors. If you don't see just the right opportunity for your business, we invite you to sign up on the email list on that page, and you will be among the first to be notified as new opportunities arise. Of course, you can always contact our office to see what's coming on the horizon and let us know of any specific interests you might have.



ROCKVILLE BANK TO SPONSOR CONCERT SERIES

As one of the newest members of the Colchester business community, Rockville Bank is looking forward to heralding their arrival by partnering with the Town of Colchester as the Title Sponsor of the 2008 Summer Concerts on the Green. With their new branch scheduled to open in the spring, the timing will be perfect to celebrate throughout the summer.

With an incredible line-up of entertainers for this year, the Summer Concerts on the Green sponsored by Rockville Bank will build on the huge success of last year's events, the first time the series was produced by Colchester Parks & Recreation. The concerts will remain on Sunday evenings: July 6-August 10, from 5:30-7:30pm, with the following two Sundays held as rain dates.

Aside from fantastic bands, the concerts will once again include food concessions. Beginning at 5:00pm each Sunday, concert goers can purchase an inexpensive dinner right on site and find the perfect spot to enjoy the show.

Along with Rockville Bank, each concert will also have a co-sponsor, which will be featured at their respective event. After partnering as a co-sponsor of one of last summer's concerts, Rockville Bank seized the opportunity to take their support of the series to the next level. This year's co-sponsors to date are Nathan Liverant and Son Antiques, and Skin Deep.

Co-sponsorships are still available; interested businesses should contact Colchester Parks and Recreation, or visit www.colchesterct.net/sponsors for complete information.

We're Listening!

**WE WANT TO HEAR FROM YOU!
ANY QUESTIONS OR COMMENTS?
CALL OR DROP US AN E-MAIL.**

KEEP THIS IMPORTANT INFORMATION!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen - jcohen@colchesterct.gov
Office Manager, Liz Kessler - ekessler@colchesterct.gov
Recreation Coordinator, Anita Miazga - apmiazga@colchesterct.gov
Office/Program Assistant, Chris Fonda - cfonda@colchesterct.gov
Phone: (860) 537-7297 Fax: (860) 537-0547

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair	Chris Ferrante, Vice Chair
Lynette Dimock, Secretary	Lynne Stephenson
Steve Ashe	Norm Kaplan
Jody Barr	Eric Kundahl
Clint Williams (<i>Alternate</i>)	

PUBLIC OFFICE HOURS

Mon - Fri 9am - 4pm

PARK MAINTENANCE

Tim Angell-Crew Leader, Don Standish, Neal Trecarten, Mike Ryder, Don Johnson, Steven Shorts, Mike Olzacki

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

YOUTH:

Basketball: Paul Scheibelein - basketball@colchesterct.info

Cheerleading: Tina Everett 537-0700

Football: Sean O'Leary - football@colchesterct.info

Lacrosse: Tracy Loskant - lacrosse@colchesterct.info

T-Ball, Baseball & Youth Softball:

Tom Lambert - baseball@colchesterct.info
www.eteamz.com/colchesterctbaseball

Youth Soccer: Joe Schomaker - soccer@colchesterct.info

Youth Wrestling: Gordon Elrod - wrestling@colchesterct.info
www.colchesterwildcats.org

ADULT:

Men's Softball: Mike Gatesman - menssoftball@colchesterct.info

Women's Softball: Lynn Stephenson - cwsl@colchesterct.info

Men's Soccer: Hugo Vivero - menssoccer@colchesterct.info

Men's Baseball: Chris Ferrante - mensbaseball@colchesterct.info

COLCHESTER SPECIAL OLYMPICS:

Necia Stopa - nstopaharp@yahoo.com



LYMAN VIADUCT REPAIRS COMPLETED

At the writing of this article in late January, the bulk of the repair work had been completed, with the expectation that all of the work would be completed before the end of February, weather dependent.



The repair work on the south side of the viaduct went according to plan. In the photo, workers use a hand-operated compactor to create benches, which would hold the granular fill. The fill was compacted, and then covered with wire mesh and large stones. The same process was used for the smaller eroded areas on the north side of the viaduct.

For additional photos of the project, visit the online gallery at www.colchesterct.net/parkrec.html.

COLCHESTER COMMUNITY ORCHESTRA, CHOIR, & JAZZ BAND

Ages: 10 and up

Musicians and vocalists wanted! With members ranging in age from 10 to 70, and ability levels ranging from student to professional music teacher, we are a true community group!

Organized under the Colchester Parks and Recreation Department, the CCO is comprised of three groups: the orchestra, the choir, and the jazz band. We perform a wide variety of music--classical orchestral selections, past and current pops show-stoppers, Big Band jazz, and beyond.

Annual membership is \$35 for adults and \$15 for those under 18. You are welcome to come make some music and try us on for size before joining officially. For more information, visit our website: www.colchestercivicorchestra.org

Note: Rehearsals for all groups are in the William J. Johnston Middle School band room.

ORCHESTRA

Day: Thursdays

Time: 7pm – 9pm

Contact: John Ringo, 860-568-2555 or jringofinancial@comcast.net

CHOIR

Day: Tuesdays

Time: 7pm – 9pm

Contact: Sue McGann, 860-267-0288 or 860-558-8847 or sbm45@aol.com

JAZZ BAND

Day: Wednesdays

Time: 7pm – 9pm

Contact: Glenn Hansen, 860-444-7319 or 860-608-5088 or mhansen524@aol.com



HEALTHY LINKS

PROGRAM FUNDED BY STATE GRANT

Colchester First Selectman Linda Hodge expressed her excitement today for a newly acquired grant that will encourage healthy lifestyles among Colchester's residents, while meeting the Town's ongoing goal of increasing safety for its residents.

First Selectman Linda Hodge announced that the Town has received a competitive grant of \$25,000 from the Connecticut Department of Public Health to prevent obesity, through the "Healthy Links Program". Lead by the Colchester Public Health Department, the collaborative team of Public Works, Parks and Recreation, and Planning and Zoning developed a program with three areas of focus; sidewalk installation, policy review, and nutrition education with access to healthy foods.

As a result of this grant, five hundred and fifty feet of sidewalk will be installed on Old Hartford Road in front of Wild Geese to provide safe pedestrian access between the Recreation Complex on Old Hebron Road and the center of town. Once completed, pedestrians will have access to continuous, safe sidewalks from Bacon Academy to the Rec Plex, which will encourage walking and biking.

To meet the policy review portion of the grant, the Zoning and Planning Commission will conduct a review of their Zoning and Subdivision regulations to: (1) review current sidewalk policy, (2) explore new ideas about future sidewalk placement and potential funding options, and (3) promote safe pedestrian access.

The last focus area of the grant targets nutrition education and proper eating habits which are crucial to obesity prevention. As part of the grant, Colchester food service establishments will be offered the opportunity to enter into a community collaborative partnership to make nutrition information available to their customers in the form of pamphlets and flyers, as well as to review their menus and identify healthy food choices. Participating food service establishments will be formally recognized as promoters of health conscious foods.

The Connecticut Department of Public Health is considering granting additional funds to allow for the design and installation of signs to support pedestrian activity in town. The signs will encourage the use of sidewalks by directing pedestrians to local sites such as the Air Line Trail, RecPlex, and the Town Green.

For more information regarding the Obesity Prevention Grant, please contact Wendy Mis, Public Health Director, at 537-7214, or the First Selectman's Office at 537-7220.





THE COLCHESTER DAY CAMP DIFFERENCE

Welcome new friends to Colchester Day Camp and welcome back Camp Alumni! We are very excited to again, this summer, provide a safe environment for all our campers to learn how to build new relationships, cultivate friendships, explore and develop new skills, and enjoy growing individually as well. This is our commitment to you our camp community. It is our honor and promise to create a safe world of wonderful character building "memories that will last a lifetime."

Summer after summer our super staff return to enrich and further develop Colchester Day Camp. The most mature, nurturing, skilled, carefully chosen and best-trained returning staff that were hand picked from a panel of our directors are on board again this year.

Our staff is under the leadership of Parks and Recreation Director Jason Cohen, Recreation Coordinator, Anita Miazga and Day Camp Directors Shannon Tamosaitis (Miss T.) and Annmarie Fillian (Miss Fill).

Camp is their favorite time of year and they have already dove into their creativity with their team of super staff over the holiday break. Until the sun warms us again Miss T & Miss Fill say "do your homework, keep studying, clean your room and we can't wait to see you at camp!"

Our Administration team rounds out with five super specialists in core areas: Sports & Games, Archery, Nature, Drama and Arts & Crafts.

Our Day Camp supervisors and Head Counselors are college students and mature high school students with several years of experience. We invite students entering eighth, ninth and

tenth grade to apply to be a part of our strong 4-week Counselor-in-Training (C.I.T.) program. There is a fee of \$100.00 for this unique training experience. Application packets are available on our website at <http://www.colchesterct.net>, and in the WJJMS & Bacon Academy Guidance Offices. Deadline to apply is March 31, 2008.

Please see the REC'ing Crew section of the this program brochure for camp programs specially designed for campers entering grades 7 – 9.

Also included in the summer brochure are various other camps for all ages including, Skateboarding, Basketball and Multi-Sport camps. The summer brochure will be available in May.

brochure are various other camps for all ages including, Skateboarding, Basketball and Multi-Sport camps. The summer brochure will be available in May.



STAFF TRAINING

All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). The

Colchester Parks and Recreation Department also requires all staff to attend an extensive Camp orientation seminar prior to the start of camp. Counselors are active participants in training areas such as first aid, Epi – Pen, safety and security, emergency response, splash pad safety, record keeping, staff manuals, department policies and procedures, customer service, positive youth development, and character building. In addition, there are speakers brought in to train them in areas such as how to schedule activities, games and leadership, child development and behavior, and lots of hands on activities such as sports and games, arts and crafts and camp songs. We are very committed to maintaining and developing all our Day Camp staff.

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To find out the most current information on Parks & Recreation programs & special events please visit our website at <http://www.colchesterct.net/parkrec.html>. We also suggest that you subscribe to our email list for up to the minute notification on rainy day changes and other important information.

REGISTRATION INFORMATION

Day Camp is for kids entering grades 1 – 6 in Fall 2008. Registration begins on Monday, March 3rd at 9:00 A.M. in the Parks and Recreation Department located in the Town Hall. Register early for the best availability. The office is open Monday through Friday from 9:00 a.m. – 4:00 p.m. You may call us at 537-7297. All registrations for Day Camp, Kindercamp and the C.I.T. program must be made in person in the office. Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment.

Registration for Day Camp and Kindercamp requires a 50% non-refundable deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid excluding the 50% non-refundable deposit. A doctor's note is required for all refunds. There is a one time \$10.00 administrative fee per child, which includes a 2008 Colchester Day Camp t-shirt.

Camp Fees –Prices based on 1 week sessions only:

Monday – Friday	\$125 includes trip fee
Week 1 only	\$100 (No camp July 4th)
Extended Care AM	\$25 per week (7:00 a.m. to 8:45 a.m.)
Week 1 only	\$20
Extended Care PM	\$25 per week (4:15 p.m. to 6:00 p.m.)
Week 1 only	\$20

ALL BALANCES MUST BE PAID IN FULL BEFORE JUNE 15TH. ANY REGISTRATIONS ACCEPTED AFTER JUNE 20TH MUST BE PAID IN FULL AT TIME OF REGISTRATION.



Scholarship Info

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Jason Cohen in the Parks and Recreation office.

Camp Dates:

- Week 1 June 30 – July 3 (NO Camp July 4th)
- Week 2 July 7 – July 11
- Week 3 July 14 – July 18
- Week 4 July 21 – July 25
- Week 5 July 28 – August 1
- Week 6 August 4 – August 8
- Week 7 August 11 – August 15
- Week 8 August 18 – August 22

(No extended Care on the last day of camp)

Non-Resident Policy

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$15.00 fee, per-session, per-child. Non-resident registrations will be accepted two weeks after resident registration begins.

Location

Day Camp is held at the Colchester Recreation Complex located on Old Hebron Road. This facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, various ball fields, rest rooms and...Don't forget the water splash pad and skate park.

Dates & Daily Hours

Camp is held from 9:00 a.m. – 4:00 p.m. Monday through Friday. Camp is offered in 8 one-week sessions starting June 30th and ending August 22nd. *There is no camp on Friday, July 4th. Please note there is no extended care available on the last day of camp, Friday, August 22nd.*

SIGN IN/SIGN OUT

You will notice when you arrive that you will be asked by your child's counselor to sign in and out each day. Please have your identification ready to ensure a quick and easy sign out. This is a great time to ask your child's counselor any questions you may have. Your feedback is always welcome!

Arrival & Dismissal

Campers are dropped off in their designated area at the RecPlex each morning at 9:00 a.m. Campers are grouped by grade, 1 - 6. Please

look for a large sign with your child's grade on it to determine where you should sign them in. Your child's counselors will introduce themselves to you and your child, you sign them in and the world of camp begins!

If your child arrives earlier than 8:45 a.m. they will be signed in for morning Extended Care. Please pick up your children





promptly at 4:00 p.m. where you signed them in. If your child has not yet been picked up by 4:15 p.m. they will automatically be enrolled in afternoon Extended Care with a daily rate of \$15.

Extended Care

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax. Extended Care does include a healthy snack to help beat the late afternoon slump.

Extended Care is available for full day campers only. Morning Extended Care is available from 7:00 a.m. – 8:45 a.m. for a flat weekly fee of \$25.00. (week 1: \$20) Afternoon Extended Care is available from 4:15 p.m. – 6:00 p.m. for a flat weekly fee of \$25.00. (week 1 & 8: \$20) Please pre register for extended care.

THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 22nd 2008.

What do we do at camp?

WE HAVE FUN! Day camp strives to expand imagination, creativity and friendships. Team building games and athletics provide a perfect vehicle for building physical fitness, self-confidence and self-esteem in all our campers in a non-competitive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship.

Each day at camp offers a variety of programs such as drama,

nature, sports & games, archery, arts & crafts, music, and other team building activities.

Our special events are designed around a weekly theme complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime!

HUGE HIGHLIGHTS FOR 2008!

In our continuous efforts to create the best possible experience for our campers, we are happy to announce a number of exciting traditions to our full-day camp!

Field Trips

We are so excited to announce that we have some new field trips this summer!!! All campers will attend these enriching and fabulous weekly field trips! See the camp calendar and as we move closer to camp, more information will be available! Hip-Hip Hooray!!! Trips are scheduled to change without notice.

Family Fun Days

We welcome parents and family members to join us again during our two family fun days this summer. From 4:00 p.m. to 5:30 p.m. on July 10th and July 31st our campers and super staff want to share the magic of camp with the ones we love.

Elective Periods

Each Monday, campers will choose a special activity they will take part in for one hour each day. The elective groups will change from week to week as super staff share and teach the campers their special talents and interests!

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Soups & Salads • Deli Sandwiches • Side Sandwiches • Grilled Wraps • Club Sandwiches • Pasta • Fresh Seafood Dinners • Italian Dishes • Specialty Dinners • Specialty Red Pizzas • White Pizzas • Grinders

Serving a Large Selection of Beer, Wine & Cocktails

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Open 7 Days a Week • Serving Breakfast Daily until 4:30pm

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SECOND ANNUAL BLOOD DRIVE

The American Red Cross returns to Colchester day Camp at JJIS on July 24th. Please come give the gift of life and donate. Our record breaking turnout last year was amazing and we

are thrilled to invite you back again this year! Thank you to our CIT's and all who participated, volunteered and donated.

Session Themes:

2008 Colchester Day Camp Weekly Themes

Week 1: Proud Patriots Week

We will kick start our summer by celebrating American history! Campers will wear red, white, and blue while they make new friends. After receiving response from last summers Iraq troops, we will again be sending letters and care packages over seas.

Week 2: Save Mother Earth

Reduce, Reuse, Recycle! Again, this year we make a difference through recycling at the RexPlex. Thank you to the Colchester Transfer Station for helping camp be eco-friendly! Special Guest returns to speak the words of "The Lorax".

Week 3: Survivor Tribes and The Amazing Race through the Great Outdoors

Come create tribal teams and unite all week while competing in camp-wide challenges! Campardy and Family Fun Night this week!

Week 4: Colchester Olympic Games 2008

Let the games begin! Campers unite to represent countries brought to the Colchester Olympic Games. Together we learn and develop the value of good sportsmanship, fair play, and comradery while refining our game of skill. Cheer on the Rock Cats this week. Also, join us at JJIS for the 2nd Annual American Red Cross Blood Drive.

Week 5: So You Think You Can Dance??

This is your week to shine! Challenge your counselors with Are You Smarter Than a Camper?, American Idol, and DDR. Join us at Family Fun Day where campers will impress us all at the Annual Talent Show.

Week 6: Ticket to Ride...enough said!

What's not to love about the most popular week of camp?!? You'll have to be here to find out about the surprise special event and participate in the Pie Eating Contest, Cerdnaskrap Awards, and collect enough tickets to sink your counselors in the dunk tank!

Week 7: Camp Memories, Camp Friends, Camp Fun!

We celebrate favorite camp games, activities, and moments this week. Campers collect their new and old camp memories through a Camp Yearbook! Cupcake decorating and Campardy this week!

Week 8: Campapoolooza

Camp is extended for an additional week of wonder and wacky fun! Celebrate Mardi Gras in our pajamas, tie dye shirts, and celebrate all the holidays throughout the year in August! ...And the icing on the cake- Ice Skating to cool off and celebrate the last day of camp!



OTHER IMPORTANT DETAILS....

RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD will be open and running and sure to be a favorite for all campers! There will be endless amounts of creative fun. However, if the heat becomes a hazard, we will move campers to Jack Jackter Intermediate School located on Halls Hill Road. You may visit our website at <http://www.colchesterct.net> or call the Day Camp office at 537-6583 to confirm our location for pick up. We reserve the right to transport campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes.



Discipline

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience for other campers may be subject to dismissal.

Notices and Flyers

If your child leaves camp before closing ceremonies or will be missing a day or two, please check with your child's counselor for information and reminders about upcoming special events or other activities your child will need to be prepared for upon his/her return to camp. All flyers, reminders etc. are distributed to campers at dismissal time.

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees cost prohibitive.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated.

WHAT TO BRING

- **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the LOST & FOUND located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.
- All campers should wear sneakers. **SANDALS ARE NOT ALLOWED!** With the exception of CROC style shoes, water shoes are required in the Water Splash Pad area. If a child does not have water shoes, he/she will not be allowed to enter the splash pad that day.
- Bathing suits, towels and lunch should be sent with each camper daily.

- Please apply waterproof sunscreen to your child prior to their arrival at camp. We recommend that you send sunscreen with them daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.

- Please do not allow your child to bring expensive/valuable items to camp such as Gameboys, CD players etc. We are not responsible for lost or stolen items.

Lunch

Please send your camper with lunch and a healthy snack each day. Do not send glass containers. There is NO refrigerator available, so please include an ice pack.

We highly recommend sending your child with a water bottle, which may be refilled

as needed throughout the day at the water fountain.

Re-usable containers are encouraged to reduce waste at the water park. There will be occasions during special events when we will offer a special snack as it relates to a theme. Also we have a no tolerance policy for any knives or other dangerous objects. Please do not pack any butter knives for your child's lunches.

Campers also have the option of purchasing a special lunch meal deal from Noel's. Order forms are available in the Day Camp office.

EVERY CHILD MATTERS TO US!

A SMILE IS FOREVER!

When should I schedule my child's first orthodontic checkup?

Whether or not an orthodontic problem is detected, a child should visit an orthodontist for a checkup no later than age seven. Although treatment will not necessarily begin at this early age, an examination is important to ensure maximum dental health for your child.

If your child has a problem that requires attention, the orthodontist may recommend interceptive treatment. Early intervention, which takes advantage of facial growth and tooth eruption, can decrease the severity of a problem and it frequently makes the completion of treatment at a later age less time-consuming and less expensive.

Schedule a COMPLIMENTARY orthodontic evaluation today!

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KINDERCAMP

Here is some information specific to Kindercamp. We strongly recommend you read this entire brochure.

Kindercamp (for children who will turn 3 years old before 12/31/07 through entering kindergarten) is our specially designed camp for pre school children. Under the guidance and care of our mature, gentle staff, our youngest campers are given a special experience.

Our program recognizes the social and motor skill level of pre-school children. It has been created to provide a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. What better way can there be to start their wonderful years of camping?

This terrific group of counselors join together to make each day at Kindercamp the best ever for our three, four and five year olds. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes an enthusiasm and love of camping that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has an outstanding staff that works exclusively with our youngest campers. Kindercamp is held from 9:00 a.m. to 11:30 a.m. Monday through Friday with other options also available. (See below) Kindercamp is offered in 8-one week session starting June 30th and ending August 22nd. The staff to camper ratio for Kindercamp is 1:8. Extended care is not available for Kindercampers. Please be sure to send your Kindercamper with a snack each day. Please apply waterproof sunscreen to your child prior to their arrival at camp. We also ask that you please send your kindercamper to camp in their bathing suit.

Kindercamp Staff

Kindercamp Director, Deana Stella has worked with the Town of Colchester as an instructor for a variety of preschool recreation programs, and has been the director of Kindercamp for over 9 years. Deana has a bachelor's degree in Early Childhood Education from Central Connecticut State University and is a licensed Head Teacher. Deana now owns and operates her own pre-school, Wee School Preschool. Deana has many years of experience with children both professionally and personally. She is the mother of three growing girls who Love Camp!

In addition to being the assistant director for Kindercamp, Cari Duigou teaches preschool at RHAM High School in the Kinder-RHAM-a program. She received her associate's degree in Early Childhood Education/Special Education at Three Rivers College. She is currently working towards completing her Teachers Certificate from Central Connecticut State University.

Cari has a very special talent for making learning fun!

Please wear a bathing suit to camp and apply waterproof sunscreen to your child prior to their arrival.

Camp Fees –Prices based on 1 week sessions

Plan A	Monday – Friday	\$ 60
Plan B	Mon/Wed/Friday	\$ 45
Week 1:	Mon & Fri NO CAMP 7/4	\$ 36
Plan C	Tues/Thurs	\$ 36

There is a one time \$5.00 administrative fee per child, which includes a 2008 Colchester Day Camp t-shirt!

Arrival and Dismissal

Kindercampers are dropped off in the designated area at the RecPlex each morning at 9:00 a.m., no earlier please. Kindercamp's drop off point is under "Tim's tree" the big tree located behind recreation field R5. They are picked up at 11:30 a.m. at either the playground or the spray park. There is no Extended Care for kindercampers. After 11:35, there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child. We appreciate your promptness.

The Daily Scoop

Kindercampers start their day with their own opening ceremonies. Then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The WATER SPLASH PAD is a favorite for all campers!

Some special guests include Kathy Flanagan's Happy Notes, CT Audubon Society and Funtastic Inflatables which add a special excitement to our Kindercamper's day!



Rainy Days at Kindercamp

If it is raining, we will hold Kindercamp, along with the Day Camp, at Jack Jackter Intermediate School. Please use the gym ramp entrance. For consistency, we will try to make the decision as early as possible. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. If there is ever a question of where camp might be, please call the camp office at 537-6583.

Kindercamp Themes

- Week 1: Under the Sea
- Week 2: Bugs-N-Butterflies
- Week 3: Desert, Forest, Jungle & Water
- Week 4: In the Garden
- Week 5: Down on the Farm
- Week 6: Week of Seasons
- Week 7: Planet Earth
- Week 8: Fruits & Veggies

Themes are subject to change without notice...

Camp Calendar

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY





WEEK 1: PROUD PATRIOTS WEEK

30  <ul style="list-style-type: none"> Make New Friends Meet & Greet with Ice Breakers & Team Games <i>Camp Newspaper & Electives</i>	1  <ul style="list-style-type: none"> Annual Letters to American Troops in Iraq 	2 <ul style="list-style-type: none"> Wear Red, White & Blue Celebrate American History Fantasy Face Painting with Ruth! 	3  <ul style="list-style-type: none"> Field Trip Barring Cages, Go Carts, Arcade Games, Minigolf Wear Camp T-Shirt 	4 
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WEEK 2: SURVIVOR TRIBES AND THE AMAZING RACE THROUGH THE GREAT OUTDOORS

7  <ul style="list-style-type: none"> Reduce, Reuse, Recycle! <i>Camp Newspaper & Electives</i>	8  <ul style="list-style-type: none"> Far Out Fun with the Far East! Martial Arts 	9  <ul style="list-style-type: none"> Visit the Islands with a Hawaiian Luau! Special Guest: Polynesian Dancers! 	10  <ul style="list-style-type: none"> Eco-Awareness Day with Miss Lisa! Special Guest Reader: "The Lorax" Family Fun Day 4-5 pm & Magician 	11  <ul style="list-style-type: none"> Field Trip "Magic Wings" Butterfly Conservatory Wear Camp T-Shirt
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WEEK 3: SAVE MOTHER EARTH

14  <ul style="list-style-type: none"> Create Your Own Tribal Teams <i>Camp Newspaper & Electives</i>	15 CAMPARDY!	16  <ul style="list-style-type: none"> Camp Wide Obstacle Course Conquer with Your Teams! Popsicle Treat 	17  <ul style="list-style-type: none"> Survivor Trivia & Scavenger Hunt Special Tribal Guest!!! 	18  <ul style="list-style-type: none"> Field Trip! Beach, Ice Cream, Mini Golf Wear Camp T-Shirt
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WEEK 4: COLCHESTER OLYMPIC GAMES 2008

21  <ul style="list-style-type: none"> Choose Olympic Teams & Countries <i>Camp Newspaper & Electives</i>	22  <ul style="list-style-type: none"> Field Trips! Rock Cats Baseball Game! Wear Camp T-Shirt 	23  <ul style="list-style-type: none"> Special Olympic Events by Mr. Kyle and Mr. Noah Watermelon Snack 	24  <ul style="list-style-type: none"> Camp is at JJIS! DDR Bike Rodeo! Bring your own wheels & helmet! 2nd Annual Blood Drive!!! American Red Cross!!! 	25  CAMPARDY! DANCING ON THE CEILING! DANCE-A-THON!
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WEEK 5: SO YOU THINK YOU CAN DANCE?

28  <ul style="list-style-type: none"> Are You Smarter Than A Camper??? <i>Camp Newspaper & Electives</i>	29  <ul style="list-style-type: none"> American Idol Contest Rock Out Contest Special Guest Hip-Hop Dancers! 	30  <ul style="list-style-type: none"> High School Musical and Singing-Bee with Miss Stacy!!! 	31  <ul style="list-style-type: none"> Family Fun Day 4:00 - 5:30 pm Talent Show and DDR! 	1  <ul style="list-style-type: none"> Field Trip! Beach, Ice Cream, Mini Golf Wear Camp T-Shirt
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WEEK 6: TICKET TO RIDE!

4  <ul style="list-style-type: none"> Surprise Special Event with Miss T and Miss Fill <i>Camp Newspaper & Electives</i>	5 <ul style="list-style-type: none"> All Day Camp Water Events Balloon Toss Slip 'n Slide Pie-Eating Contest All Camp Events! 	6  <ul style="list-style-type: none"> Carnival Games and Field Day Events! Fantasy Face Paint with Ruth! 	7  <ul style="list-style-type: none"> OUR FAMOUS TICKET TO RIDE! With Fantastic Inflatables 	8  <ul style="list-style-type: none"> Field Trip! Movies Cerdnaskrap Awards Wear Camp T-Shirt
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WEEK 7: CAMP MEMORIES, CAMP FRIENDS, CAMP FUN!

11  <ul style="list-style-type: none"> CIT Project Photography and Camp Memory Yearbook Posters <i>Camp Newspaper & Electives</i>	12  <ul style="list-style-type: none"> Cupcake decorating contest! Campwide Birthday Party Pinata's 	13  CAMPARDY!	14 <ul style="list-style-type: none"> Make Name bracelets and write to your counselors with Miss Barb 	15  <ul style="list-style-type: none"> Field Trip! Bowling Wear SOCKS and Your Camp T-Shirt
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WEEK 8: CAMPAPALOOZA!!!

18  <ul style="list-style-type: none"> Board Game Bonanza!!! Prizes to be Won!!! <i>Camp Newspaper & Electives</i>	19  <ul style="list-style-type: none"> MARDI GRAS in our Pajamas!!! Wacky Fashion Show! Campers & Counselors 	20  <ul style="list-style-type: none"> Hippy Day 1960's-1970's Far Out Tie Dye! Bring a white t-shirt, pillow case or wash cloth! 	21  <ul style="list-style-type: none"> Holly-day!! Easter Egg Hunt Xmas Caroling Valentine Cards St. Patrick Sing Along Driedel Games 	22  <ul style="list-style-type: none"> Field Trip! Ice Skating Wear SOCKS and your Camp T-Shirt & YIPEEEE... LAST DAY OF CAMP!!! NO EXTENDED CARE!
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REC'ing Crew



JOIN THE REC'ING CREW

The REC'ing Crew is a summer camp for 7-9th graders that offers a wide variety of field trips to

exciting, fun, & interesting places in Connecticut and Massachusetts. The Crew meets Tuesdays, Wednesdays, and Thursdays from June 23rd to August 14th. Crew members meet at the Rec Complex in Colchester, with the exception of the first 2 days of camp. Check out the trips we will be going on.

Week 1: Challenge yourself on individual and group activities and elements at WJMS's own ROPES COURSE. Then use all of those skills at Brownstone Discovery park on the zip line, waterslide, & cliff jumps. (Cost \$100/crew member)

Week 2: Test your archery skills at Columbia Sports Center, then travel to Dunn's gymnastics for a wild climbing adventure. The Crew will kayak down the Farmington River and swim, mini golf, & ride the wild waterslides at Ocean Beach. (Cost \$151/crew member)



Week 3: Build a raft survivor style & enjoy the wild adventure elements at Winding Trails, work on your Iron Chief skills at a cooking lesson, learn the smooth moves of a Tae Kwon Do champ, & check out the local CT Defender's Baseball team and improve your tennis skills with lessons from a pro. (Cost \$162/crew member)

Week 4: Check out the interactive dome show at The Children's Museum & then create a masterpiece at the ClayPen, and paint your own pottery. Show off your bowling skills at East Hampton Lanes and your bumper car skills @ Whirley Ball in South Windsor. Wrap up the week at Six Flags! (Cost \$125/crew member)

Week 5: Catch a matinee at the Gallery Cinemas before bouncing over to the Trampoline Place. Try a new recipe at your second cooking lesson & then pose your way through a yoga sequence at Tae San Studio. Celebrate your experiences at Lake Compounce the family fun park. (Cost \$157/crew member)

Week 6: Head back to the rock climbing wall & cargo net above the foam pit at Dunn's Gymnastics then speed over to Ron-a-Roll for an old school skating experience. Learn the funky style of Belly Dancing and test your peers on the tennis courts with the help of some professional assistance. Head back to Brownstone Discovery Park & conquer the cliff jumps, tower, zip line, and trampoline. (Cost \$148/crew member)

Week 7: Experience new adventure elements like never before @ Winding trails, & kayak the rapids on the upper Farmington River. Then you will have three chances to prove yourself @ Laser Quest, & time to dive into the deep end at Church Hill Pool in Newington. (Cost \$177/crew member)

Week 8: Check out nature in a new way as the Crew letterboxes through the Nehantic State Forest and swims through Mystic Aquarium. Check out what Nomad's Adventure Quest has to offer including their rock wall, laser tag, & 60 game arcade. Wrap up an amazing summer with a surfing lesson at Narragansett Town Beach in Rhode Island. (Cost \$167/crew member)



How do I sign up?

Please contact Colchester Parks & Recreation to register for a summer you will never forget:

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TOTAL TENNIS

Grades 1 & 2

Tennis Anyone!? Each class will begin with a different type of dynamic warm-up. We follow up with creative and fun coordination exercises that help balance as well as motor skill development. Following the warm-up, we will work on tennis specific drills and games that will aid in our initial goal which is to have the children rally cooperatively. Lastly and most importantly, we will discuss the value of sportsmanship and how it relates to fun! This program is for grades 1 & 2 only! No class on April 15th. You may bring your own racquet or borrow a racquet.

Dates: Mar 25 - May 13
Time: 3:15 PM - 4:30 PM
Location: CES Gym
Activity # 2000.603

Day(s): Tu
Register By: Mar 18
Fee: \$67

DRAMA KIDS

Grades: 1 & 2

"OUTTA THIS WORLD" is where your child's imagination will take them. The Drama Kids program is specially designed to build self-confidence, strong speaking and acting skills, as well as leadership skills. Your child will engage in dramatic activities for voice and movement training and each week they will perform a creative improvised play, work on scenes and develop characters. Whether your child becomes the next George Clooney or George Bush, Drama Kids prepares children to speak up clearly and confidently, putting them on a path for lifelong success. Class will conclude with a parent presentation! Registration is limited-register early.

Dates: Mar 25 - Apr 29
Time: 3:30 PM - 5:00 PM
Location: CES Classroom
Activity # 2000.222

Day(s): Tu
Register By: Mar 18
Fee: \$75

DRAMA KIDS

Grades: 1 & 2

"LIGHTS... CAMERA... ACTION" Let your child explore the world of acting. This session your child will discover and work to hone their acting skills. Your child will engage in dramatic activities for voice and movement training and each week they will perform a creative improvised play, work on scenes and develop characters. Our activities will prepare them for stage and on-camera work - as they develop spatial awareness and blocking skills. Drama Kids is a remarkable developmental drama program designed to complement the community theater programs. Class will conclude with a Parent Presentation! Registration is limited so register early.

Dates: May 6 - May 27
Time: 3:15 PM - 5:00 PM
Location: CES Classroom
Activity # 2000.223

Day(s): Tu
Register By: Apr 29
Fee: \$75

CAPTAIN COOK

Grades: 1 & 2

Get ready for FUN in the kitchen with your friends! Children will explore using hands-on food preparations while learning to use a variety of ingredients and cooking methods. Eating their creations surely provides a special experience! All recipes will be shared at the end of each class. No class April 15, May 6.

Dates: Mar 25 - May 20
Time: 3:15 PM - 4:30 PM
Location: CES Classroom H22
Activity # 3000.336

Day(s): Tu
Register By: Mar 18
Fee: \$46

APRIL VACATION TENNIS CLINICS

TOTAL TENNIS - MONDAY

Ages: 4 - 17 years

Enjoy the spring weather and have some fun during April Vacation week! Participants will be grouped by age and experience level. We start each day with a warm-up consisting of footwork drills & dynamic stretching. The lesson plans will be designed to accommodate all levels of play. Game based lesson plans will be incorporated based on player experience. Overall, the goal is to teach tennis as a life time sport in a fun and active environment. Registration is \$24 PER DAY so please specify which days you will be enrolling in. Additional days must be added by Monday, April 14th at 4:30pm. You may bring your own racquet or borrow a racquet.

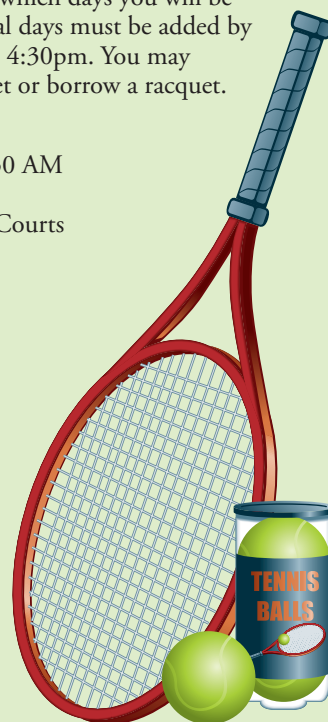
Dates: Apr 14
Time: 9:00 AM - 11:30 AM
Register By: Apr 07
Location: BA Tennis Courts
Fee: \$24/day

Dates: Apr 14
Day(s): Monday
Activity # 2000.604

Dates: Apr 15
Day(s): Tuesday
Activity # 2000.605

Dates: Apr 16
Day(s): Wednesday
Activity # 2000.606

Dates: Apr 17
Day(s): Thursday
Activity # 2000.607





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New customers only. Offer ends March 15, 2008.

SQUEAKY SNEAKERS 1 & 2

Grades: 1 & 2

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kids busy with lots of games and various sports. Dress appropriately, we'll be outside as much as possible! Please note this is a 7 week class. Please wear sneakers.

Dates: Apr 11 - May 30

Time: 3:15 PM - 4:30 PM

Location: CES Gym

Activity # 3000.419

Day(s): Fri

Register By: Apr 4

Fee: \$46

BUDDING SCIENTISTS

Grades: 1 & 2

Calling all science lovers! If you're curious, you will love this hands-on, age appropriate interactive science experience. You and your friends will learn by doing. Each class has experiments and demonstrations. Please note this session is 7 weeks. No Class on April 16

Dates: Mar 26 - May 14

Day(s): Wed

Time: 3:15 PM - 4:30 PM

Register By: Mar 19

Location: CES Classroom F22

Fee: \$46

Activity # 3000.421



KRAFTY KIDS

Grades: 1 & 2

This is a great class for all those who love to create fun craft projects. This session the theme will be spring adventures. Have fun with your friends making all kinds of unique projects you'll love. This program is designed for kids in grades 1 & 2 ONLY! Please note this class is 7 weeks. No class April 24, April 28, May 26

Dates: Mar 31 - Jun 2

Time: 3:15 PM - 4:30 PM

Location: CES Classroom H22

Activity # 3000.429

Day(s): Mon

Register By: Mar 24

Fee: \$46

SQUEAKY SNEAKERS KINDERGARTEN

Grades: Kindergarten

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Registration deadline is one week prior to the start of class! Please note this class is 7 weeks. Please wear sneakers.

Dates: Mar 27 - May 15

Time: 3:15 PM - 4:30 PM

Location: CES Gym

Activity # 3000.502

Day(s): Th

Register By: Mar 20

Fee: \$46



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TOTAL TENNIS PEE WEE

Ages: 4 - 6 years

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans. This is a six week class with no class on April 19th. You may bring your own racquet or borrow a racquet.

Dates: Apr 5 - May 17

Time: 9:00 AM - 10:00 AM

Location: RecPlex Tennis Courts

Activity # 2000.600

Day(s): Sa

Register By: Mar 29

Fee: \$57

LIL' KICKERS INTRODUCTORY PROGRAM

Ages: 3 - 5 years

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory Lil' Kickers Program. This specialized Taekwondo class is offered to children ages 3-5 years. The Lil' Kickers Program focuses on improving preschool-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are focus, teamwork, control, balance, memory, discipline, fitness and coordination. Registration deadline March 22nd. Child must be 3 years old by 3/28/08.

Dates: Mar 27 - Apr 17

Time: Session 1: 9:30 AM - 10:10 AM

Session 2: 12:45 PM - 1:25 PM

Location: Colchester Chung
Do Kwan Academy

Activity # Session 1: 4000.146
Session 2: 4000.147

Day(s): Th

Register By: Mar 20

Fee: \$50

TWO MUCH FUN!

Age: 2 years

This new class is designed for your 2 year old without a parent! Your toddler will learn through play and have an opportunity to be a little independent. Each week will be a themed activity such as music, arts and crafts, building, show and tell, play-doh, and movement. A handout will be given at the first class to let you know the themes. New location is St. Andrews Church Hall! Parents must stay in the building during the entire length of class. Register early class size is very small.

Dates: Mar 17 - Apr 7

Time: Session 1: 9:15 AM - 10 AM

Session 2: 10 AM - 10:45 AM

Location: St. Andrew Church Hall

Activity # Session 1: 4000.200
Session 2: 4000.209

Day(s): M

Fee: \$29

Register By: Mar 10

START SMART BASEBALL

Ages: 3 - 5 years

3-5 years with parent. Play with your kids!! This program focuses on teaching children and their parents basic baseball skills such as batting, throwing, catching, and running the bases without the threat of competition or the fear of getting hurt. Mandatory Parents Meeting on Thursday, March 27th in Norton room A at Cragin Memorial Library from 6pm-7pm. If you have already attended a Start Smart Parent Meeting, you are excused. Limit 20 students; No class April 14th

Dates: Mar 31 - May 12

Time: Session 1: 6:00 PM - 7:00 PM

Session 2: 7:00 PM - 8:00 PM

Activity # Session 1: 4000.244

Session 2: 4000.249

Day(s): Mon

Register By: Mar 26

Fee: \$35

Location: CES Gym

MILLION DOLLAR BABIES

Ages: 2 - 3 years

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and special awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way.

Dates: Mar 29 - May 10

Time: 9:45 AM - 10:30 AM

Location: Dance Academy of Colchester

Activity # 4000.311

Day(s): Sa

Register By: Mar 22

Fee: \$75

HAPPY NOTES

Ages: 3 months - 5 years

A Colchester favorite! An interactive music program designed to give children the opportunity to explore their own imagination through music and shine with their own musical ability. Please register all children who will be in the room who are between the ages of three months to 5 years. No class on April 18th.

Attention Parents: Due to the overwhelming popularity of Happy Notes we will be accepting LOTTERY submissions from Monday, March 3rd - Friday, March 7th. On Monday, March 10th a LOTTERY will be conducted. Those selected will be notified by phone on Monday. To confirm your registration payment is expected before 4:00 p.m. on Wednesday, March 12th. Registrations are NOT confirmed until payments are received.

Dates: Apr 4 - May 9

Day(s): Fri

Time: 10:30 AM - 11:15 AM

Register By: Mar 28

Location: CML Norton Room A

Fee: \$56

Activity # 4000.344





CLIMBING INTRODUCTORY PROGRAM

Ages: Adult

Looking for a healthy and challenging activity? Then our climbing program will have you jumping for joy! Instructor Gary Mead will teach participants the fundamentals of climbing which include rules, safety, proper use of equipment and much more! In addition the instructor will also be incorporating fun team building activities as part of the climbing program. Parents and children are encouraged to participate together!

Dates: Apr 22 - Jun 3 **Day(s):** Tu
Time: 4:30 PM - 6:30 PM **Fee:** \$58
Register By: Apr 15
Location: Bacon Climbing Wall
Activity # 5000.222

TOTAL TENNIS - ADULT

Ages: 18 yrs and older

We are offering an adult beginner tennis clinic which will teach all the basic strokes along with a conditioning & stretching tennis workout. Lesson plans will include a game based environment which will teach participants about placement, strategy and fun. You may bring your own racquet or borrow a racquet.

Dates: Mar 25 - May 13 **Day(s):** Tu
Time: 6:00 PM - 7:30 PM **Register By:** Mar 18
Location: RecPlex Tennis Courts **Fee:** \$100
Activity # 2000.609

FIT FOR LIFE

Ages: 18 yrs & Older

Interested in getting in better shape but not really sure how to start? Well this is the perfect stepping stone class to a new, better you! This six week introduction to fitness class will give you all the tools and information that you need to get up, be active, and on the way to a new you. Classes will be informative and interactive in order to exercise your mind as well as your body. So come join the fun on the way to renewed health! No class April 14 - 18. You will be required to take a Health Assessment Survey at the first class.

Dates: Mar 31 - May 16 **Day(s):** M W F
Time: 7:00 PM - 8:00 PM **Register By:** Mar 24
Location: Bacon Academy Weight Room **Fee:** \$60
Activity # 4000.223

BASIC DOG OBEDIENCE

Ages: 18 yrs and older

This 7 week class is designed to create a deeper dog-owner bond, address some behavior issues and help owners understand how their canines communicate.

Six basic obedience commands will be covered: come, heel, sit, down, stay & stand as well as temperament type. This class is appropriate for dogs six months and older. The first class is for OWNERS ONLY and will enlighten you as to what to expect from this class. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothes and footwear.



Dates: Apr 8 - May 20 **Day(s):** Tu
Time: 6:00 PM - 7:00 PM **Register By:** Apr 1
Location: Town Green **Fee:** \$100
Activity # 4000.295

BEGINNER PILATES

Ages: 18 yrs and older

Let's get to work! This beginner pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks.

Dates: Mar 25 - May 20 **Day(s):** Tu
Time: 6:45 PM - 7:45 PM **Register By:** Mar 18
Location: Dance Academy of Colchester **Fee:** \$75
Activity # 4000.501

INTRODUCTION ADULT BALLROOM DANCING

Ages: 18 yrs and older

So you think you can dance! During this five-week class the instructor will focus on teaching two different types of ballroom dancing. Participants will learn the steps and movements to various dances. The last class will be a ballroom party with refreshments. No partners are required and no experience needed. Participants may wear comfortable clothing, ballroom shoes, character shoes, or any shoe they may go out dancing in provided that the bottoms are clean and not worn directly off the street.

Dates: Mar 28 - May 02 **Day(s):** Fri
Time: 6:30 PM - 7:30 PM **Register By:** Mar 21
Location: Dance Academy of Colchester **Fee:** \$63
Activity # 5000.206

NYSCA COACHES TRAINING

Ages: 18 yrs and older

Initial Level Membership: Introduction to coaching youth sports program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics. Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a Clinic." This is not sport specific-coaches of all sports are encouraged to attend. For additional information you may also visit the NYSCA's website at www.nays.org (national Alliance for Youth Sports)

Dates: Apr 7

Time: 6:00 PM - 9:00 PM

Location: TH Meeting Room 1

Activity # 2000.147

Day(s): M

Register By: Apr 6

Fee: \$20

CO-ED PICK UP SOCCER

Looking for a few hours of "me time" away from your busy schedule? This program is open to men & women who want to be outside, get some exercise, and just want to be active with their friends. Just bring your sneakers and be ready to have fun. Adults of all abilities are welcome to participate from the beginner to the more experienced.

Dates: May 5 - June 23

Time: 6:30 PM - 8:00 PM

Location: RecPlex R7

Activity # 2000.339

Day(s): M

Register By: Apr 6

Fee: \$20

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TOTAL TENNIS PEE WEE

Ages: 4 - 6 years

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans. This is a six week class with no class on April 19th. You may bring your own racquet or borrow a racquet.

Dates: Apr 5 - May 17

Time: 9:00 AM - 10:00 AM

Location: RecPlex Tennis Courts

Activity # 2000.600

Day(s): Sa

Register By: Mar 29

Fee: \$57

TOTAL TENNIS BEGINNER/ADVANCED BEGINNER

Ages: 7 - 17 years

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production. No class on April 19th. You may bring your own racquet or borrow a racquet.

Dates: Apr 5 - May 17

Time: 10:15 AM - 11:30 AM

Location: RecPlex Tennis Courts

Activity # 2000.601

Day(s): Sa

Register By: Mar 29

Fee: \$72

TOTAL TENNIS LOW INTERMEDIATE/INTERMEDIATE

Ages: 7 - 17 years

This program is for the individual who has basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. No class on April 19th. You may bring your own racquet or borrow a racquet.

Dates: Apr 5 - May 17

Time: 11:45 AM - 1:00 PM

Location: RecPlex Tennis Courts

Activity # 2000.602

Day(s): Sa

Register By: Mar 29

Fee: \$72

TRACK & FIELD CLINIC

Ages: 8 - 14 years

Is your child interested in track & field? Well, our Track & Field Clinic comes just in time for your child to learn about the types of events associated the Hershey Track & Field program. Colchester will hold it's portion of the event on Tuesday, June 3rd. This clinic is a 4-week, 8 session program that will lead up to the local Hershey event. The program will be held on Tuesday and Friday evenings starting April 22nd. Don Levine will direct the clinic and have your child gain familiarity with this exciting sport. This program is for ages 9 - 14 (participants must be of age as of December 31, 2007).

Dates: Apr 22 - May 16

Time: 6:00 PM - 7:00 PM

Location: BA Track

Activity # 5000.204

Day(s): Tu F

Register By: Apr 15

Fee: \$42

CAMP SPARK

(SPRING PARK AND REC KAMP)

**APRIL
VACATION CAMP!**

Grades: K - 5

Join the Colchester Parks & Recreation staff during school vacation week! Our week long day camp is designed to fit the needs of children and parents during April vacation. While you're not in school, spend the day having fun with friends and classmates. You'll have jam-packed days that include arts & crafts, sports activities, outdoor activities, and more! Let's celebrate the Spring season together and do something different! Drop-off is in the JJIS gym. Registration deadline is one week prior to the start of camp. This is a 5-day program. Campers should bring a bagged lunch each day. Schedule Options: 8am-3pm: \$99, Extended: 3pm-6pm: \$30

Dates: Apr 14 - Apr 18

Day(s): M Tu W Th F

Time: 8:00 AM - 3:00 PM

Register By: Apr 7

Location: JJIS Gym

Fee: \$99

Activity # 5000.516 **Extended Care:** 3-6 pm: \$30



SAFE BOATING & PWC COURSE

Ages: 12 yrs & older

United States Coast Guard, State of Connecticut and National Association of State Boating Law Administrators (NASBLA) approved course. Required for all registered vessels in state of CT. For more information regarding this course, go to www.dep.state.ct.us

Session 1

Dates: Mar 29

Time: 8:00 AM - 4:00 PM

Location: TH Rms 1,2 & 3

Activity # 2000.126

Day(s): Sa

Register By: Mar 22

Fee: \$35

Session 2

Dates: Apr 19

Time: 8:00 AM - 4:00 PM

Location: TH Rms 1,2 & 3

Activity # 2000.127

Day(s): Sa

Register By: Apr 12

Fee: \$35

Session 3

Dates: May 17

Time: 8:00 AM - 4:00 PM

Location: TH Rms 1,2 & 3

Activity # 2000.100

Day(s): Sa

Register By: May 10

Fee: \$35

CLIMBING INTRODUCTORY PROGRAM

Ages: 8 & up

Looking for a healthy and challenging activity? Then our climbing program will have you jumping for joy! Instructor Gary Mead will teach participants the fundamentals of climbing which include rules, safety, proper use of equipment and much more! In addition the instructor will also be incorporating fun team building activities as part of the climbing program. Parents and children are encouraged to participate together!

Dates: Apr 22 - Jun 3

Time: 4:30 PM - 6:30 PM

Location: Bacon Climbing Wall

Activity # 5000.222

Day(s): Tu

Register By: Apr 15

Fee: \$58

ADVANCED CLIMBING PROGRAM

Ages: 8 & up

So you've already mastered the introductory climbing program huh? Well then raise the bar with our advanced session! Gary Mead will once again be back to give you expert instruction and guidance to further your climbing skills.

Dates: Apr 24 - Jun 5

Time: 4:30 PM - 6:30 PM

Location: Bacon Climbing Wall

Activity # 5000.223

Day(s): Th

Register By: Apr 17

Fee: \$58

COLCHESTER SENIOR CENTER NEWS

The Colchester Senior Center is an all-purpose senior center with an "open door" policy serving the seniors of the community by providing unique programs in Colchester and beyond. Please pick up our newsletter the "Busy Bee Bulletin" to see the latest calendar of events/meals located at the senior center, local businesses and doctor's offices in town or go on the town web site at <http://www.colchesterct.net>.

Our Wellness Programs include a new exercise class on Monday and Wednesday mornings at 9:00 a.m. This FREE activity is brought to us by Well Quest Inc. and is sponsored by Health Net with a certified instructor. A low impact total body workout (with modifications for those who need it) incorporates aerobic, strength, balance and flexibility modalities that target the senior population.

Trips are as follows:

Scandinavia & Russia - May 16-31

16 Days/14 Nights on Celebrity's Constellation. Pack and unpack only once – no hotel hopping! Cost \$3524 per person twin. Travel insurance is strongly recommended.

Toronto - Aug.21-24, 2008

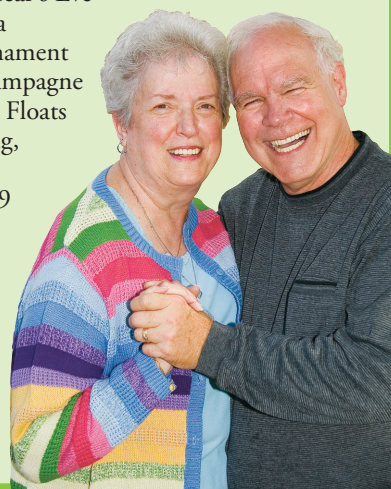
See the 2007 World Series champs! Red Sox and Toronto Blue Jays, 1 weekend 2 great games. Cost \$599 per person twin. Three nights, 2 dinners, 1 show and reserved tickets for Fri. and Sat. night games! Proof of citizenship required.

Rose Parade New Year's -

6 Days; Dec. 29, 2008- Jan.3, 2009

See the Crystal Cathedral, Glory of Christmas Show, LA City Tour, New Year's Eve Dinner Party, Marina del Rey, 120th Tournament of Roses Parade, Champagne Brunch, Rose Parade Floats on display for viewing, Reagan Library & Museum. Cost \$1899 per person double.

We are working on other trip plans for the year, please contact the senior center for new listings by calling at (860) 537-3911.





BRONX ZOO

Whether you're nose to nose with lowland gorillas in the famous Congo Gorilla Forest, spotting leopards in the naturalistic Himalayan Highlands Habitat, or experiencing almost an acre of an indoor Asian Rain Forest, you're always within roaring distance of the world's most amazing wildlife. Your visit will include: full admission, Wild Asia Monorail, Skyfari Cable Car, Children's Zoo, Congo Gorilla Forest, Butterfly Garden, Bug Carousel, and Zoo Shuttle. The bus will leave from Marlborough Town Hall at 8:00am and will depart the Zoo at 4:00pm.

Dates: May 3

Day(s): Sa

Time: 8:00 AM - 7:00 PM

Register By: Apr 3

Location: Marlborough Town Hall

Fee: \$60

Activity # 6000.402

BLOCK ISLAND

Come enjoy a day on your own on Block Island. Head towards the beaches, explore the picturesque lighthouses or just relax for a day of amazing shopping. Rent bikes or scooters and cruise around the island in style. The ferry from Port Judith will depart at 9:00am and make its return trip at 5:00pm. The bus departs from Hebron Town Hall.

Date: Saturday, June 28

Fee: \$65

Departs: Bus leaves Hebron Town Hall at 6:30 a.m.

MEDIEVAL TIMES, STATUE OF LIBERTY & ELLIS ISLAND

The ferry to Ellis Island will whisk you away to see the Statue of Liberty. This heartwarming experience is then followed by a trip back in time! We will arrive at the Medieval Times Experience approx 1 hour before show time and see what it was REALLY like to live in the dark ages. We will then sit down to a lavish 4 course meal. The catch? This is all done as if you were still in Medieval Times, which means no silverware and hearty laughs at the variety show unfolding before your eyes.

Come with us on this journey and you will truly have the experience of a lifetime.

Dates: May 17

Time: 8:00 AM - 6:00 PM

Location: Hebron Town Hall

Activity # 6000.404

Day(s): Sa

Register By: Apr 18

Fee: \$110



NARRAGANSETT BAY SUMMER CRUISE

The Vista Jubilee will set sail from Warren, RI and sail under the Newport Bridge on spectacular Narragansett Bay. You will be treated to a delightful buffet brunch on board before arriving for your 2 hour stay in scenic Newport. Leave the ship and visit the harbor area or just relax on board in the sunshine! Your return trip will be filled with some wonderful musical entertainment. All this and you don't even need to pay for gas! Bus departs from Colchester Town Hall.

Date: Saturday, June 22

Fee: \$78

Departs: Bus departs Colchester Town Hall at 8:00 a.m. returns approx 8:00 p.m.



From the Ouellette family, who travelled to Whistler/Blackcomb Resort in British Columbia Dec. 28, 2007. This will be the site of the 2010 Winter Olympics.



Bus Trips *continued*

CATAMARAN WHALE WATCH

Climb aboard the NEW 350 passenger high speed catamaran for a breathtaking 3 hour whale watch. We will travel from Boston to Stellwagen Bank, the East Coast's most famous whale watching destination. Our trip will be narrated by professional researchers from the Whale Center of New England. The heavy concentration of humpback, finback, and minke whales offers you a spectacular opportunity to view and learn about these magnificent creatures. Upon completion of the whale watch, guests will be allowed some free time at Quincy Market for shopping, dining and browsing their fabulous selection of stores. Your day is completed by a relaxing, stress free ride home on a deluxe motor coach. Come join us and enjoy the fun! Bus departs from Colchester Town Hall.

Date: Saturday, July 19

Fee: \$75

Departs: Bus departs Colchester Town Hall
at 8:00 a.m. returns approx 8:00 p.m.

FENWAY PARK TOUR

1, 2, 3 strikes your out at FABULOUS Fenway Park! Baseball fans and non baseball fans alike will find this behind the scenes tour of Fenway Park to be a fascinating experience. Your tour will include an opportunity to see many of this historic stadium's landmarks such as the Green Monster! You will sit in the monster seats and even tour the Hall of Fame. Following the Fenway Park tour you will have time on your own at Quincy Market for shopping or lunch. There will also be a special Bostonian tour guide to point out many of Boston's famous landmarks while you are on the bus. Bus leaves from East Hampton Parks & Recreation.

Dates: Jun 14

Day(s): Sa

Time: 8:00 AM - 10:00 PM

Register By: May 13

Location: East Hampton
Parks & Recreation

Fee: \$60

Activity # 6000.450

PUMPKIN FESTIVAL

Keene, New Hampshire is a beautiful village with a wide Main Street and lots of activities. There is a band shell with live entertainment and over 16,000 hand-carved and decorated creations. We'll eat lunch at the Woodbound Inn in Rindge, NH, and at dusk, see the Grand Illumination which is an amazing sight! The bus will depart from the Marlborough Town Hall. More information to follow.

Date: Saturday, October 25



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3RD ANNUAL SPRING CLEAN-UP VOLUNTEER DAY

When: Saturday, April 26
Time: 9am-12noon,
8:30am check-in at the Town Green

Join hundreds of other community members and town organizations as we plant, mulch and beautify various parks and school grounds throughout Colchester! Come dressed to get dirty, and feel free to bring shovels, rakes and wheelbarrows. This year's sponsors include: D.H. Marvin and Son, and Liberty Mutual Insurance.



"THE BIG T" TOWN HALL EXPO & TOUCH-A-TRUCK

When: Tuesday, April 22
Rain Date: Wed., April 23
Time: 3-6pm
Where: Colchester Town Hall
Featuring: Touch-a-Truck
Town Hall Display Booths
Day Camp Open House
Kids Activities
And more!

Colchester and
Parks & Recreation

Nametag Day
Tuesday, Jan. 23

Hello, my name is...

**NAME
TAG DAY**

When: Saturday,
April 26th

Details coming soon!!

PITCH HIT & RUN BASEBALL CONTEST

Who: Boys & Girls ages 7-14 years
Age: Determined as of July 17, 2008
What: Baseball Skills Contest
Where: RecPlex Baseball Field
When: Sunday, April 27, 2008
Rain Date Sunday, May 3, 2008
Time: 1:00p.m. - 4:00p.m.
Fee: Free!!

To promote baseball enthusiasms as well as baseball skills, fun, physical fitness, and good sportsmanship. Pepsi & Major League Baseball Pitch Hit and Run is a local competition that provides youngsters across the country the opportunity to participate in a fun and exciting baseball skills competition. Pitch Hit and Run is a free national program that gives boys and girls ages 7-14 the chance to showcase their baseball abilities. Pitch Hit and Run is intended to encourage youth participation and emphasize the fun element of baseball. Participants can pre register at the Parks and Recreation office by April 18th. The individual Pitching, Hitting and Running Champions, along with the All-Around Champion in each age group at the local competition will advance to the Sectional Level of Competition.

All interested and eligible participants are encouraged to complete the registration/waiver form and return it to the Parks and Recreation office by Friday, April 18th. Registration forms will also be accepted the day of the competition at the recreation Complex from 12:00p.m. -1:00p.m.

30TH ANNUAL HERSHEY TRACK & FIELD GAMES

Who: Boys & Girls
Age: 9-14 years old as of December 31, 2008
What: Local Track & Field Competition
Where: Bacon Academy School Track
When: Tuesday, June 3, 2008
Rain date
Time: 3:00pm-6:00pm
Fee: Free!!

Hershey Track & Field Games help promote physical fitness, encourage participation, friendship and sportsmanship. Events include the 50-meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4x100 meter relay, standing long jump, and softball throw. Contestants can participate in two field events and one running event or two running events and one field event. The winners in each age division of the local district meet will advance to the state final and possibly qualify beyond to the North American Finals held in August. Registered participants from Jack Jackter Intermediate School and William Johnston Middle School between the ages of 9-14 years old will be granted permission to leave school early and be bused to the Bacon Academy Track.



4TH ANNUAL COLCHESTER EASTER EGG HUNT

FREE! Saturday, March 22
Colchester Town Green
Ages 2-8: 9:00-9:30am
Ages 9-13: 9:30-10:00am

Presented by Stop & Shop and Colchester Parks & Recreation

Children will hunt for over 5,000 candy-filled eggs, as well as some "grand prize" eggs!

Other activities include:

- Easter egg coloring contest
- Pictures with the Easter Bunny
- Free snacks

The Colchester Civic Orchestra & Choir
Present

OPERA, ET CETERA

An evening of music and song celebrating the opera tradition

Bacon Academy Auditorium
April 5, 2008
Time: 7pm

Admission is free to the public; donations are welcome.

3RD ANNUAL TOUR DE TRAIL

When: Saturday, June 7

Time: 10:00am-12:00noon

Walk, bike, jog or ride your horse along the Air Line Trail. In celebration of National Trails Day, the Parks & Recreation Departments in Colchester, Hebron and East Hampton are teaming up to offer activity stations along the trail.

Activity stations will be scattered along the approximately 10-mile section that runs through three towns. Stations will feature: Bike Maintenance, Trail History, Nature Interpretation, Land Conservation, Arts & Crafts, Viaduct History, Trail Safety, and more!

As a special reward for visiting at least three of the stations, visitors will receive a souvenir "Tour de Trail" t-shirt. Pick up your "Trails Day Passport" at any station, and get it stamped at each one you visit. Then turn it in at one of the designated stations for your free shirt.

For a map of the Air Line Trail, including parking areas, visit the Parks and Recreation Office, or download it from the web site: www.colchesterct.net/prpark.html.





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TOWN RECREATIONAL FACILITIES

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.net.

DAY POND STATE PARK

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

SALMON RIVER STATE PARK

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

CHANTICLAIR GOLF COURSE

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

TOWN OF COLCHESTER RECREATION COMPLEX

Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

SCHUSTER PARK

Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

LIONS CLUB SKATING POND

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

RUBY AND ELIZABETH COHEN WOODLANDS

121 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

AIR LINE TRAIL STATE PARK

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

FACILITY RESERVATION PROCESS

Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING & ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of

Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.

PLAYSCAPE SAFETY

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child.

Please let common sense decide what's safe, not the kids. Adult supervision is best.

SPRING AND FALL FIELD CLOSURES

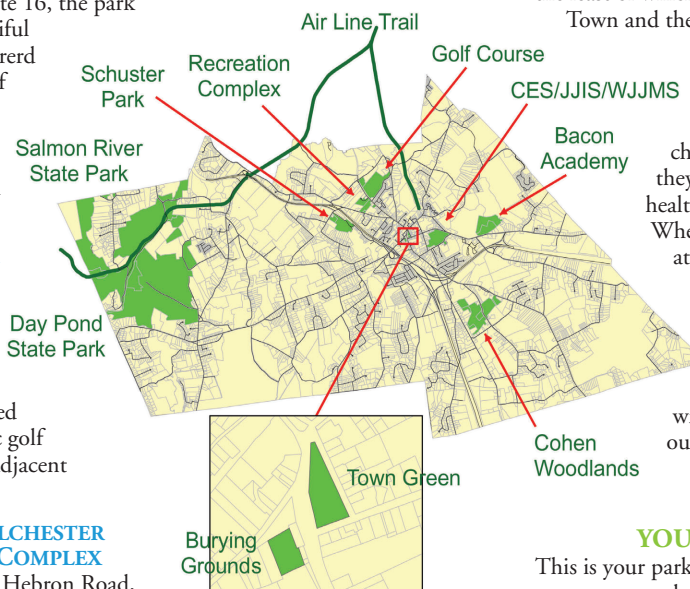
In keeping with its policy to close one field for a season each year, the Colchester Parks & Recreation Commission will be closing the R6 outfield through Summer 2008. The infield and leftfield will remain open during the spring to allow for youth baseball practice. In the fall, however, the closure will be reversed; the outfield will open up, with the infield and leftfield closed for renovation. Additionally, R4 will close in the fall for maintenance to the field.

WINTER FACILITY WORK UPDATE

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

COMPLETED PROJECTS

- Ice rink installed
- Extended RecPlex wifi to Parks Garage
- Lime application to all fields
- Winterized park water systems/Thorguard
- "Caution" signs installed on Spur trail re: hunting
- Cleared/repared Air Line Trail
- R3 topdressed/aerated/overseeded – warning track resurfaced
- Bacon Academy Climbing Tower inspected (passed)
- Repaired Town Hall sidewalk



COLCHESTER SPUR

Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

SCHOOL GROUNDS

At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

TOWN GREEN

Host to many town-wide events, such as carnivals and art shows, it is also home to a large gazebo and a softball field.



LIGHTNING WARNING SYSTEM

As you may know, a few years ago the town installed a Thorguard lightning detection system at the Recreation Complex to aid park users in ensuring their families' safety. This system is a marvel of science, as it has the capability of detecting imminent lightning long before we can see it. Obviously, this is a huge safety benefit.

As with all mechanical systems, however, there can and will be technical difficulties, at times rendering the system inoperable. So, while we certainly ask all park users to heed the horn of the system should they hear it, we also ask that users do not disregard their own senses. Should you see lightning, do not wait for the detection system to validate you - for your own safety, vacate the park immediately. Do not let the system replace your personal responsibility for your own safety. As always, the safety of our community is our top priority. We look forward to continuing to provide you an exceptional experience in all of our parks, facilities and programs!

When the system detects the probability of a lightning hazard in our immediate area an alarm signal will be initiated to activate sirens on the property. After the hazard has subsided a different signal is sounded to indicate that the area is now safe again.

The signals you may hear are as follows:

LIGHTNING ALARM SIGNAL:

- 15 seconds on
- Additionally, a strobe light will be on during the ENTIRE TIME that a hazard is present.
- With lightning imminent, everyone should return to a safe area. – This does not include baseball dugouts, or picnic pavilions. Please return to your automobile, home or any building that has full plumbing and four walls.

ALL CLEAR SIGNAL:

- 4 seconds on, 2 seconds off, 4 seconds on, 2 seconds off, 4 seconds on
- Activities may resume

PLEASE BE AWARE that the possibility exists that another storm might follow the first. Always remember, just because one storm has come and gone that does not mean that another one could not strike again. Most strikes occur outside the rain area-just because it stops raining does not mean it is safe to resume activities. You should wait thirty minutes after storm passes.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightning or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



PAVILION RENTALS

*Looking for a great place to hold a birthday party, family reunion or other gathering?
How about our Pavilion at the Recreation Complex!*

It's simple and inexpensive to reserve:

Colchester Residents - \$25/4 hrs; \$50/8 hrs

Non-Residents - \$50/4 hrs; \$100/8 hrs

The reservation form and policies are available on our web site at:

<http://www.colchesterct.net/downloads.html#parkrec>

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills.

Add'l \$5 for electrical usage (must be reserved in advance).

Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:
Spraypark, Skatepark & Playscapes

Learn more about the Recreation Complex at:
<http://www.colchesterct.net/parks/recplex.html>

Note: Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.

GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibitive.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Americans with Disabilities Act

We are committed to accessibility for individuals with disabilities and strive to provide equal, integrated participation in all programs and services. We will reasonably accommodate all qualified program applicants in accordance with the 1990 Americans with Disabilities Act (ADA). We welcome questions, comments and concerns of interested community members regarding ADA compliance.

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/Cancellation Policy

Please check our website at www.colchesterct.net for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER

Registration Procedure: Please remember to include the Activity Number and Activity Name on your Registration Form. Example:

Women's Basketball

2000.303 WJJMS Gym 6:00pm-9:00pm Th

1. Walk-In

Stop by the Parks and Recreation office, Room 107, First Floor Town Hall. We are open to the public Monday thru Friday, 9:00 am - 4:00 pm.

2. Mail-In

Mail in registration form and fee (payable to the Town of Colchester) to:

Parks & Recreation

127 Norwich Avenue

Colchester, CT 06415



Location Abbreviations:

BA: Bacon Academy

TH: Town Hall

WJJMS: William J. Johnston Middle School

CES: Colchester Elementary School

JJIS: Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to

Fax (860) 537-0547

apmiazga@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.net you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.

PLEASE DO NOT PUT CREDIT CARD INFO IN A FAX OR EMAIL!



Satisfaction Guarantee

Satisfaction is the goal of the Parks and Recreation Department. We are committed to offering the best programs and services we can. If at any time you are not happy with our services, please let us know your concerns in writing as soon as possible. We will arrange

one of the following:

- Repeat the program at no additional charge
- Receive a credit that may be applied to another activity
- Receive a refund (allow 4 weeks to process)

This policy applies to all programs except trips and tours.

Refund/Credit Policy

All refunds will be charged a \$10 handling fee, must be accompanied by a written request and be over \$20. Refunds under \$20 or without a written request will be left as a credit on the household's account. Credits to the household's account are not subjected to the \$10 handling fee. Prior to the program registration deadline (1 week prior to the start date) if a participant cancels their registration, they may receive a refund or credit. After the program registration deadline date, refunds will only be given when accompanied by a doctor's note. If you transfer between classes before the registration deadline date, there will be no handling fee.

Return Check Fee:

All checks returned for insufficient funds (NSF) will be charged an additional \$25 fee.

Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$15.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Sept.), Winter (Dec.), Spring (March), Summer (June). They are distributed on the first Friday of the respective month within a complimentary edition of the Norwich Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. Aug. 1 for Sept. issue).

•• Please Read!!! •• LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm!
Don't let a great program get cancelled due to low enrollment! **REGISTER EARLY!** If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be cancelled.

PAYMENT PLANS

for your convenience we do offer a payment plan option. Please request at time of registration. All payment plans must be paid in full before the start of the program. All outstanding balances must be paid before additional registrations can be accepted.



**YOU MUST PRE-REGISTER
FOR ALL PROGRAMS**

REGISTRATION FORM

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

☐ RECWARE ☐ WAIVER ☐ CONFIRMATION

Name/Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ____yes ____no

Evening Phone: _____ Day Phone: _____ E-mail: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:
i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO



Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other Signatures (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please Circle:   Credit Card#: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name

Please send this form to:
Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415
or fax to 537-0547
Make check payable to: Town of Colchester

Non-Resident Fee
\$15.00 per class

Scholarship Fund
Donation

Total Due

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www.rw-heating.com

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We are happy to announce the addition of Duct Cleaning to our business.

Indoor Air Quality (IAQ) is an ever growing concern to many people.

Why should you consider having your Duct/HVAC system cleaned?

- Smokers in the household
- Pets that shed hair & dander
- Household members who have Asthma/ Allergies
- Remodeling
- Prior to occupancy of a new home
- New HVAC equipment



Did you know that over time the build up of dust, pet hair, and sometimes rodents and insects in the ductwork of your HVAC system can minimize the efficiency of your equipment?

Duct Cleaning is not considered to be unnecessary part of yearly maintenance of your HVAC system. Depending on how many irritants your home is exposed to will determine how often you will need to have your Ductwork cleaned.

What will the cost be for this service? This is based on each heating & cooling system, depending on services offered, the size of the system to be cleaned, system accessibility, level of contamination and type of duct material.

Don't forget filters! Your air filters play a huge role in keeping your air clean, we can help with that too.

Call today for your **FREE** video inspection estimate.

Seeing IS believing!

- | | |
|---------------------------|-------------------------------|
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Sun. 11am-5pm

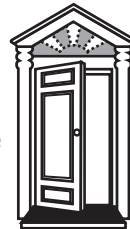
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Admission: \$7 Adults • \$6 Seniors, Kids 12 & under Free

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- Interior Designers
- Bedding & Mattresses
- Vacuums • Appliances
- Cookware
- Heating & Air Conditioning
- Plumbing Supplies
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- Banks • Education
- Healthcare
- Financial Institutions
- & More!!

Help fight hunger in Southeastern CT!

Bring one or more nonperishable food items & receive \$1 OFF admission. All donations go to the Gemma E. Moran United Way/Labor Food Center.



Osborne/Jenks Productions, Inc.
860 563-2111
osbornejenks.com

The New London Lion's Club is running a used eyeglass drive to benefit local, national & international distribution to developing countries. Please consider bringing a pair of used eyeglasses for donation into the community recyclable eyeglass barrel.

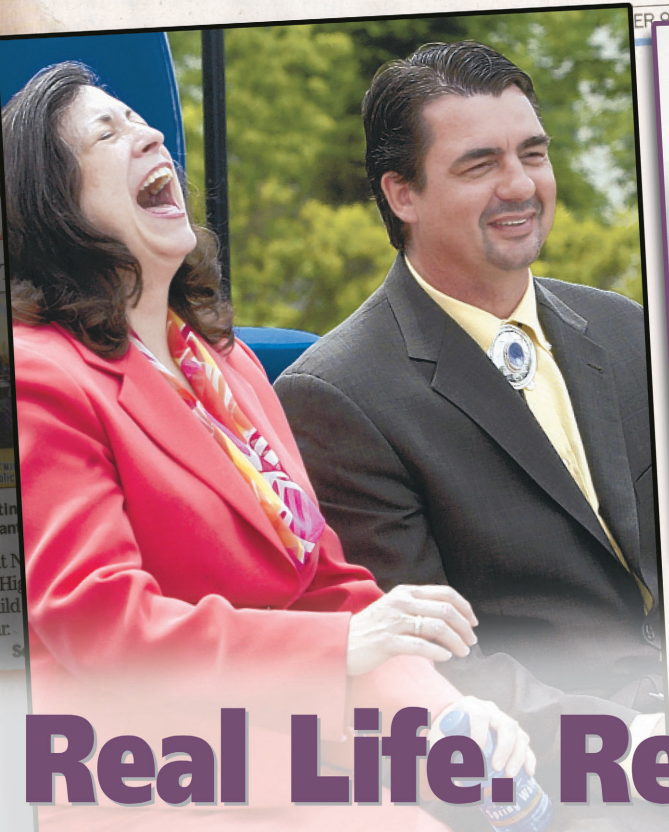


Look in the Norwich Bulletin March 12th for your Home & Business Show special section!

Norwich Bulletin

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Take care of yourself and your family at the **Colchester Backus Health Center.**

From the flu to the sniffles, to cold weather-related injuries, we offer the care you need and the accessibility you appreciate in a friendly, comfortable environment.

Women can schedule a mammogram or ultrasound in the convenience of our facility.



Cristina Blejan, MD

Colchester Backus Health Center
163 Broadway
537-4601

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8 a.m. - 6 p.m.
Saturday & Sunday,
9 a.m. - 5 p.m.

Lab hours:
Monday - Friday,
8 a.m. - 4:30 p.m.
Saturday,
9 a.m. - noon
Closed Sunday and holidays

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CAT scan, Ultrasound
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X-ray hours:
By appointment
or walk-in

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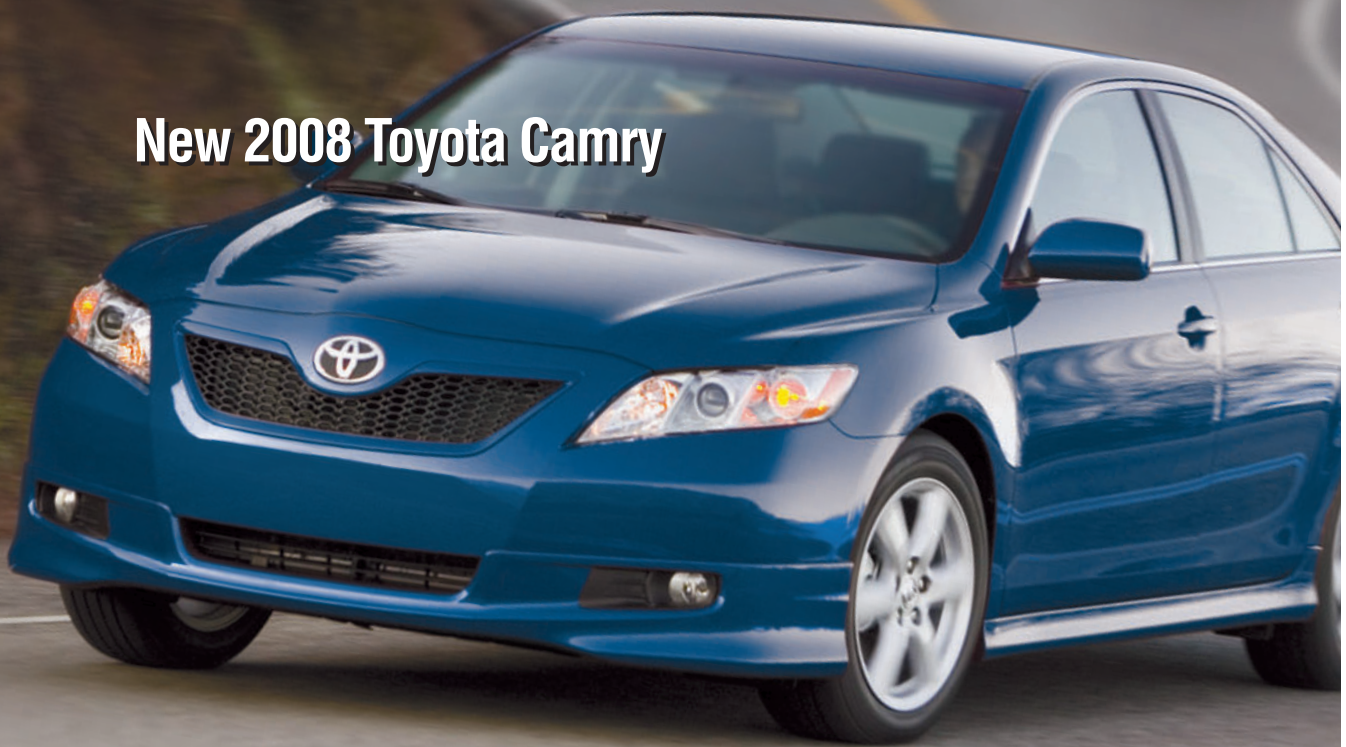
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